



# NEW(S) HORIZON

A NEWSLETTER FROM THE  
WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081

**Telephone** 508-668-3330 **Fax** 508-660-7363 **website:** [www.walpole-ma.gov](http://www.walpole-ma.gov)

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING. OUR NEXT MEETING IS **THURSDAY, APRIL 24 AT, 1:30 PM** AT THE NEWELL SENIOR CENTER ATTACHED TO WALPOLE TOWN HALL.

*The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:*

## Nutrition Programs

**TRIAD**

**HESSCO Lunches**

**Podiatrist**

**Educational Groups**

**Knitting Group**

**Bingo**

## VNA Clinics

**Yoga**

**Outreach Services**

**Cribbage**

**Financial Programs**

**Writing Group**

**Veterans Group**

## Dominos

**Whist**

**Bridge**

**Great Trips**

**Chair Exercise Programs**

**Zumba Gold**

**Mah Jongg**

**Transportation for shopping, errands and medical appointments**

**Day of Beauty (September-June)**

**LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!**

For the most up-to-date information, please go on our website at [www.walpole-ma.gov](http://www.walpole-ma.gov)

(Once on main page, click on contacts and find the COA)

## WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM

## **Welcome Dianne Ledford!!**

In March the COA was lucky enough to hire Dianne, part-time, as an Elder Service Advocate. This position was created to continue to build programs and provide more resources to the Walpole Elders. Dianne has been a Walpole resident for over 35 years and moved here from Boston. Dianne recently retired from Hebrew Senior Life after 34 years working with employee benefits, and systems and retirement plans in the Human Resource Department. While there, she also worked with the senior population assisting a wide variety of volunteer and resident activities and events, including Summer Olympics and recognition parties. In her spare time, Dianne spends her time with her four grandchildren who are involved in dance, gymnastics and sports programs.

Please feel free to stop by the desk and welcome Dianne to the team!

## **One year as your Director!!**

April 1st will officially mark my one year anniversary of being the Walpole Council on Aging Director. I can't believe a year has already passed and I have truly enjoyed my time here. Any expectations I had before coming here have all been surpassed by the outpouring of support I have received from the people and Departments in this wonderful town. As your Director I have had the pleasure of working with truly dedicated people who have embraced me with enthusiasm and encouragement. With their support this past year we were able to build on and create new programs and events at the Center. I will continue to do my best to make this the Center *YOU* want it to be! Please continue to bring me your ideas and comments, I really do appreciate them all.

I am truly grateful for all the support I have received and look forward to hopefully serving as your Director for many years to come.

Thank you for an incredible year!

Courtney Riley

## APRIL TRIPS & EVENTS

Please **sign up for ALL trips and events** you would like to attend.

Sign up starts **Tuesday April 1st.**

Must speak with someone at the Center to confirm sign up.

APRIL 2 WEDNESDAY	WAL-MART STORE	Will stay for 2.5 hours shop and have a snack at Dunkin Donuts	Van will leave Center at 10:30 AM
APRIL 2 WEDNESDAY	SENIOR CITIZEN CLUB	New members always welcome! Come and meet new friends	Meetings 1st Wednesday of the Month 1:00 PM - 2:00 PM
APRIL 3 THURSDAY	WALK IN BREAKFAST	Come enjoy a home cooked meal for \$3.00	8:00 AM—10:00 AM
APRIL 3 THURSDAY	CHICKIE FLYNN	Sign up limited to 24 people	Van will leave Center at 11:30 AM
APRIL 4 FRIDAY	CASTLE ISLAND	Enjoy the sights and Sullivan's Snack Shack	Van will leave Center at 11:00 AM
APRIL 7 MONDAY	ERRAND DAY AND WALPOLE MALL	We will pick you up and take you anywhere in Walpole.	Please call the center and let us know where you would like to go
APRIL 8 TUESDAY	CLASSICAL MUSIC SELECTION TALK	Taught at New Pond Village	Van will leave Center at 10:45 AM Class 11:00 AM—12:00 PM
APRIL 9 WEDNESDAY	JFK BIRTHPLACE TOUR BROOKLINE	Unfortunately this home is not handicapped accessible.	Van will leave Center at 12:15 PM Sign up limited to 15 people
APRIL 11 FRIDAY	CAPTAIN FISHBONE'S AT MARINA BAY	Enjoy the view while enjoying a wonderful lunch	Van will leave Center at 10:30 AM
APRIL 14 MONDAY	WALPOLE VNA PRESENTATION	A dietitian will be talking about healthy eating.	At Center 12:30 PM - 1:30 PM FREE
APRIL 14 MONDAY	STEVEN COLLINS PERFORMER	The Theater of the 1930s, 1940s, 1950s	At Center 2:00 PM - 3:00 PM FREE
APRIL 17 THURSDAY	SENIOR PROM	Dust off your dancing shoes and come fill your dance card!	5:00 PM – 7:00 PM Blackburn Hall - \$5.00/Senior
APRIL 18 FRIDAY	HINGHAM SHIPYARD	Walk around the shipyard, take in the sights while eating & shopping	Van will leave Center at 11:00 AM Return to COA at 3:00 PM
APRIL 23 WEDNESDAY	SLEEP: "Healthy Habits and Myths"	Listen to Nurse Wiseman present tips on healthy sleep habits.	At Center 11:00 AM
APRIL 23 WEDNESDAY	QUINCY ADAMS HOME TOUR	1 hr. tour of the home & seniors are welcome to tour the grounds.	Van will leave Center at 11:15 AM Limit to 15 people
APRIL 24 THURSDAY	RESTAURANT OF MONTH	Alumni Club in Franklin	Van will leave Center at 11:00 AM
APRIL 30 WEDNESDAY	TWIN RIVERS CASINO	Space is limited to 19 people	Van will leave Center at 9:30 AM
APRIL 30 WEDNESDAY	DAY OF BEAUTY— Tri-County School	Haircuts, color, perms, manicures, Etc... Enjoy all these things at a reduced price!!	Van will leave center at 8:30 AM Must sign up




# APRIL



"In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours."

- Mark Twain

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<b>1</b> Stop & Shop (AM Trips) Walking Club—off site (Please Contact COA) Whist 12:00 PM	<b>2</b> Wal Mart 10:30 AM Exercise class 10:00 AM Knitting 10:00 AM Senior Club Meeting 1:00 PM	<b>3</b> Walk in Breakfast 8-10 AM Chickie Flynn Cribbage 1:00 PM Bridge 1:15 PM Yoga 10:30-11:30 AM Hoops and Needles 6:30 PM-9:00 PM	<b>4</b> Zumba 9:00 AM Bowling 10:00 AM Castle Island 11:00 AM Bingo 12:30 PM
<b>7</b> Errand Day & Walpole Mall Scrabble 10:00 AM Exercise class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>8</b> Stop & Shop (AM Trips) Classical Music Class 10:45 AM Walking Club—off site (Please Contact COA) Whist 12:00 PM	<b>9</b> Exercise class 10:00 AM TRIAD MEETING 11:00 AM JFK Home Tour - 12:15 PM Pokeno Mania—12:30 PM	<b>10</b> Top of Hub Lunch 11:00 AM Veteran Meeting 9:30 AM Coffee 10:30 AM Meeting Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30 9:00 PM	<b>11</b> Zumba 9:00 AM Marina Bay Lunch 11:00 AM Bingo 12:30 PM
<b>14</b> Exercise class 10:00 AM Scrabble 10:00 AM VNA Presentation 12:30 PM Dominos 1:00 PM Mah Jongg 1:30 PM Steven Collins performance 2:00 PM - 3:00 PM	<b>15</b> Stop & Shop (AM Trips) Walking Club—off site (Please Contact COA) Whist 12:00 PM Podiatrist 1:00 PM– 4:00 PM	<b>16</b> Exercise class 10:00 AM Knitting 10:00 AM Fallon program Q&A 11:00AM Pokeno Mania - 12:30 PM	<b>17</b> Walk in Breakfast 8-10 AM Yoga 10:30-11:30 AM Cribbage 1:00 Bridge 1:15 Hoops and Needles 6:30-9:00  <b>SENIOR PROM</b> ☆ 5:00 PM– 7:00 PM ☆ <b>Blackburn Hall</b>	<b>18</b> Zumba 9:00 AM Bowling 10:00 AM Hingham Shipyard Trip 11:00 AM Bingo 12:30 PM
<b>PATRIOTS DAY</b> <b>Center closed due to holiday</b> 	<b>22</b> Stop & Shop (AM Trips) Walking Club—off site (Please Contact COA) Whist 12:00 PM	<b>23</b> Exercise class 10:00 AM Knitting 10:00 Sleep Presentation 11:00 AM Quincy Adams House Tour 11:15 AM	<b>24</b> Yoga 10:30 AM Restaurant of Month 11:00 AM Coffee & Discussion Group 8:30—10:00 AM Cribbage 1:00 Bridge 1:15 Hoops and Needles 6:30-9:00	<b>25</b> Zumba 9:00 AM Bingo 12:30 PM
<b>28</b> Market Basket 9:30 AM Scrabble 10:00 AM Exercise class 10:00 AM VNA Blood Pressure Clinic 12:30 Dominos 1:00 PM Mah Jongg 1:30 PM	<b>29</b> Stop & Shop (AM Trips) Walking Club—off site (Please Contact COA) Whist 12:00 PM	<b>30</b> Day Of Beauty 8:30 AM Exercise class 10:00 AM Twin Rivers Trip 9:30 AM		



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### **Tuesday Stop and Shop Trips:**

- ♦ Please make sure you call the center and *sign up* at **LEAST 24 Hours** before Tuesday morning.
- ♦ Starting in April, there will be a four (4) bag limit for each shopping trip. Cases of water and soda will be considered one (1) bag.
- ♦ Please make sure to label all your bags with your name. This ensures that the bags don't become mixed up!

*THANK YOU!!*

### **Senior Citizen Police Academy—Spring 2014 Course**

The next course will start on Friday, April 11th and go for 10 weeks.

The course will be every Friday from 2:00 PM—4:00 PM at the Walpole Police station.

There are 18 spaces open for this class.

Sign up opens on Tuesday, April 1st. Please come to the center to sign up.

### **SAVE THE DATE AND MARK YOUR CALENDAR:**

#### **Lions Club 4th Annual Pancake Breakfast**

The Walpole Lions Club will generously be offering their annual **Pancake Breakfast on Sunday, April 13th from 8:00 AM—Noon at the Walpole COA.**

Get your Photo with the Easter Bunny, enjoy 4H Petting Zoo, & 50/50 Raffle!

**\$4.00 for Seniors**

(All proceeds to benefit Walpole Night Before the 4th Fireworks Celebration!!!)

#### **The Ol' Ball Game**

**Thursday May 8th 3:00 PM—4:00 PM**

The COA and Walpole Recreation are teaming up and looking to rally a crew to batter up and throw the "Whiffle Ball" over home plate. For those who don't want to play, we are in need of a cheering section.

#### **PHANTOM ON THE OPERA , SUNDAY JULY 13**

\$70 per person, includes transportation into Boston and the tickets.

Sign up now so you don't miss out on this wonderful opportunity!

## **You Have Choices**

Many people don't know that when skilled home health care is needed like visiting nurses or physical therapists, they have a **choice** of home health providers and must **request** that provider. Doctors and Social Workers at physician offices, hospitals and rehabilitation facilities are required by law to offer patients a choice of home care providers and show them a list of providers to choose from. Medicare, HMOs and most insurance companies pay for homecare regardless of which agency you choose. Many hospitals are affiliated with their own home health division, but by no means are patients required to use that provider.

People often think of "The VNA" (Visiting Nurse Association) in broad terms like the electric company or the gas company. In fact hundreds of Home Health Agencies (VNA's) are competing for your business. For example, the Walpole Area VNA is an independent, not-for-profit, skilled home health agency that works with all of the Massachusetts hospitals and physician groups and has been in business for 103 years.

On the Medicare website [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare), you can compare and research all Medicare certified home health agencies in the U.S. The Massachusetts Home Care Alliance website [www.thinkhomecare.org](http://www.thinkhomecare.org) also has lists of agencies both skilled (which provide licensed nurses and therapists) and non-skilled (which provide companions and health aides).

**For further information please call Lynda Giovaniello,  
Community Liaison at the Walpole Area VNA 508-404-1990.**



### **THINK POSITIVE!**

Positive thinking can make all the difference! If you are able to believe that something good will happen to you, then it likely will. The mere anticipation of a positive event will change your outlook. It might also help you to view occurrences in a different light.

### **LAUGHTER IS THE BEST MEDICINE**

A little girl asked her mother, "Where did humans come from?"  
The mother thought for a minute and replied, "Well honey, God made Adam and Eve, and they had children, and that's where we all began."

Two days later, the girl returned to her mother and said,  
"Mommy, you told me that God created people, but Daddy says they came from apes."  
"Well dear, it's very simple. I told you about my side of the family, and Daddy told you about his."



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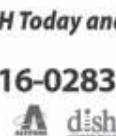
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# NEW(S)HORIZONS

**Walpole Council on Aging  
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135 School Street  
Walpole, MA 02081**

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**Dolores Efthim  
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**Meal site  
(508) 668-3423**

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Office of Elder Affairs.**



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## WALPOLE VNA

The Walpole Area VNA nursing staff conducts clinics for blood pressure checks, other screenings and provides health info at the following times and places:

**4th Monday of the month -  
Walpole Senior Center,  
Town Hall 12:30 PM**

As well as:

3rd Wednesday of the month -  
Norfolk Senior Center 12:30 PM

3rd Wednesday of the month -  
Norwood Senior Center 12:30 PM

4th Friday of the month -  
Dover Town Hall 1:00 PM

## TRIPS IN THE MAKING

We don't have the final info of these trips but keep your eyes and ears open because we have some great trips planned for the spring and summer!

- The Phantom of the Opera in July (Sign up now)
  - Newport Playhouse in April
- Tony Pace Show—White's of Westport
  - Private tour of Fenway Park
- Mr. D.J. a funny take off on Family Feud
  - JFK birthplace in Brookline

We always welcome ideas for trips and events at our Center.

If you have any ideas for entertainers or trips  
**PLEASE** give us a call at **508-668-3330**